

SCP Volunteer Interest Form

Contact Information

(Please Print)

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Please check the areas that you are interested in volunteering.

- ☐ Join Senior Companion Program to meet community needs and touch the lives of adults who need extra assistance
- ☐ Become a SCP Board Member
- ☐ Coordinate SCP fund-raising efforts
- ☐ Place me on your e-mail distribution list for short-term or special event projects
- ☐ Other: _____

Please return forms to:

Tami Johnson

Senior Companion Program
Panhandle Health District
8500 N. Atlas Road
Hayden, ID 83835

Email: tjohnson@phd1.idaho.gov

Phone: 1-800-226-2053

Phone: 208-415-5177

Fax: 208-415-5161

Senior Companion Program
Panhandle Health District
8500 N. Atlas
Hayden, ID 83835

Idaho Panhandle Senior Companion Program



Serving With Compassion



Public Health
Panhandle Health District

Our Mission

The Senior Companion Program strives to enrich the quality of life for older adults through friendship, socialization, and advocacy. We recognize the desire of homebound seniors wanting to remain safe and happy in their own homes. Senior Companions are committed to serving individuals residing in the Idaho Panhandle communities.



About Us

The Idaho Panhandle Senior Companion Program volunteers meet the needs of the increasing senior population living in the Five-County area: Benewah, Bonner, Boundary, Kootenai, and Shoshone counties.



Volunteers Serving the Community

A Senior Companion volunteer assists other elderly citizens by helping with basic but essential needs:

- ◆ Companionship to isolated adults
- ◆ Assistance with grocery shopping
- ◆ Reading to the visually impaired
- ◆ Assistance with simple chores
- ◆ Providing transportation for appointments
- ◆ Providing temporary relief for primary caregivers
- ◆ Enriching another senior's life



Who Benefits from Senior Companions?

With the escalating costs of residential and nursing home care, and the strain upon health and social services of an aging population, there are fewer and fewer people to care for the older generation. Generally speaking the recipients of this volunteer program include people who are:

- ◆ Well past retirement age (70s or older)
- ◆ Living alone with limited, inadequate or no family support
- ◆ Having difficulty, for various reasons, in getting out of their home
- ◆ Geographically isolated and lonely

Senior Companions

- ◆ Are men or women 60 years or older
- ◆ Serve up to 40 hours per week
- ◆ Desire to help homebound adults who are 21 years or older
- ◆ Meet income eligibility guidelines

Senior Companion Program

Benefits of volunteering

- ◆ A tax free stipend of \$2.65/hr
- ◆ Mileage reimbursement
- ◆ Supplemental health insurance coverage (while volunteering)
- ◆ Paid training
- ◆ Annual physical exam
- ◆ Vacation and sick leave
- ◆ Reward of helping other seniors live independently
- ◆ Recognition from the community for your contribution

